

# KSC Bulletin

<http://kscbulletin.ksc.nasa.gov>

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**DEADLINE FOR OFFICIAL/UNOFFICIAL/PERSONAL NOTICES IS TUESDAY, 9:00 am**

## OFFICIAL

**MISUSE OF OFFICE COPIER PAPER:** Paper delivered to the Lanier copiers must not be used for any purpose other than making copies on Lanier copiers. The costs of the machine, maintenance, and all other supplies (staplers, toner, etc.) are included in the cost of office copy paper; this paper is more expensive than paper issued for typing, fax machines, or laser printers. Paper for typing, faxing, and laser printers should be requisitioned from your Logistics Service Center (NASA/SGS only), under Stock No. 7530-01-335-2623. Contact Ann Gary, 867-9103 if you have any questions. (IT-D1)

**REPORTING EMERGENCIES:** To report any emergency on KSC, whether it is fire, security, or medical related, (including possible hazardous commodity exposure); dial 9-1-1 or 867-7911 from a cell phone. For walk-in type first-aid treatment, the Occupational Health Facility is open Monday - Friday from 7:00 am to 5:00 pm, and the Launch Area Clinic is open Monday-Friday 7:00 am to 3:00 pm. Hours other than those, call 9-1-1 for emergencies and/or first aid type treatment. **After normal working hours, the non-emergency medical related assistance will be coordinated through the 9-1-1 operators.** (TA-G)

**EMPLOYEE ASSISTANCE PROGRAM:** All employees are reminded that the Employee Assistance Program offers free, confidential counseling to all Kennedy Space Center and Cape Canaveral Air Force Station employees. Appointments are necessary to ensure adequate time. This program is available Monday through Friday, 7:30 am. to 4:00 pm. Appointments may be made by calling 867-7398. (TA-C2)

**MASSAGE THERAPY:** "HOLIDAY DISCOUNT"; April 4 through April 18, 2006, a 30 minute MASSAGE is only \$20.00. Contact Valerie, (L.M.T. #19362) at 867-4762 or JaramVS@ksccems.ksc.nasa.gov. Massage Therapy available Tuesday - Friday, hours are flexible. Room 1023, O&C Building. Gift certificates also available. (TA-C2)

**KSC/CCAFS HEALTH EDUCATION & WELLNESS PROGRAM (HEWP):** <http://hewp.ksc.nasa.gov>

### **April 2006 Men's Health**

When it comes to men's health, a disease state that affects men in particular is cancer. Specifically, prostate, testicular, and colorectal cancers affect many men each year. The best defense against cancer is early detection. Finding a cancer early before it has spread gives you the best chance of being cured.

Hardcopies of the Men's Health packet is available at all medical and fitness facilities. If you or your department/organization would like to be added to the monthly packet hardcopy distribution list, please call Kris Calderon at 867-3414.

### HEALTH EDUCATION INFORMATION TABLE:

The monthly health education table will be set up outside the O&C Cafeteria on April 6th from 11 AM to 1 PM where HEWP staff will distribute men's health information including information from the American Cancer Society.

### COLORRECTAL CANCER SCREENING:

Small amounts of blood in your stool, which can be detected with hemoccult slides, can be an indication of colorectal cancer. Hemoccult slides and instructions are available at all medical facilities during hours of operation.

**SPECIAL EVENT: TAKE THE 5-A-DAY CHALLENGE! LAST DAY APRIL 21ST**

The HEWP in conjunction with Lackmann Food Services is challenging the spaceport to eat at least 5 servings of fruits and vegetables a day. Take the challenge by picking up a challenge sheet at any cafeteria, fitness center (including O&C, OSB, and Cape fitness centers), health clinic, or by e-mailing [hewp@jbosc.ksc.nasa.gov](mailto:hewp@jbosc.ksc.nasa.gov) to be e-mailed a sheet (if you have received a sheet electronically, please include your name and phone number on the sheet upon completion).

Complete the challenge sheet according to how many fruits and/or vegetables you ate each day and turn it in for a prize drawing. You must eat at least 5 servings of fruits and/or vegetables a day for a week to submit a challenge sheet! Sheets can be dropped off at any location where they are available or can be mailed to "HEWP" at mailcode: CHS-005.

Prizes include a free massage, free dietary analysis session, and free body composition/physical assessment and personal training session, each from our occupational health services here at the spaceport. A prize will be awarded every two weeks of the challenge (for a total of 3 prizes) from the sheets submitted during that 2-week period. Drawings will be held April 12th (from sheets turned in weeks 3&4), and April 26th (from sheets turned in weeks 5&6).

**10 Reasons to Eat 5 or More Daily Servings of Fruits and Vegetables**

1. **Reduces your risk for cancer**
2. Helps you have a healthy body
3. Tastes and smells great
4. Results in healthy looking skin
5. Good for your immune system – fewer colds and flu
6. Helps lower your blood pressure
7. Reduces your risk of blindness
8. Reduces your risk of Alzheimer's disease
9. Adds color to your plate and your life
10. You have only one body in this life

Take the challenge – eat 5 a day!



**Fuel 4 Women**



**Fuel 4 Women Newsletter:** This month's Fuel 4 Women newsletter is on skin health for women. The newsletter will be available at all spaceport clinics and fitness centers and will be distributed at this month's Health Education Information Table.

**Walking Groups:** Come walk with us and get in your physical activity! More days, times and/or locations will be added as requested/needed.

Tuesdays -12:00-12:30- O&C trail  
Thursdays- 12:00-12:30- O&C trail

**Fuel 4 Women List Serve:** All women at the spaceport can join the Fuel 4 Women list serve where monthly newsletters and program announcements will be e-mailed to list serve members each month.

Please contact Jessica Crews, Health Education Intern at [Jessica.Crews@jbosc.ksc.nasa.gov](mailto:Jessica.Crews@jbosc.ksc.nasa.gov) for more information about or ideas for Fuel 4 Women and to join the list serve.

**2006 CARDIOVASCULAR DISEASE (CVD) SCREENING SCHEDULE:**

DATE	PLACE	TIME
Wednesday, April 12th	OHF	7-8 a.m.
Thursday, April 13th	LAC (MFF)	7-8 a.m.
Wednesday, May 17th	OHF	7-9 a.m. (2 hrs)
Wednesday, June 14th	OHF	7-8 a.m.
Thursday, June 15th	LAC (MFF)	7-8 a.m.
Wednesday, July, 12th	OHF	7-9 a.m. (2 hrs)
Wednesday, August, 16th	OHF	7-8 a.m.
Thursday, August 17th	LAC (MFF)	7-8 a.m.

<b>2006 CARDIOVASCULAR DISEASE (CVD) SCREENING SCHEDULE: (Continued)</b>		
Wednesday, September, 13th	OHF	7-9 a.m. (2 hrs)
Wednesday, October, 11th	OHF	7-8 a.m.
Thursday, October 12th	LAC (MFF)	7-8 a.m.
Wednesday, November, 15th	OHF	7-9 a.m. (2 hrs)
Wednesday, December, 6th	OHF	7-8 a.m.
Thursday, December 7th	LAC (MFF)	7-8 a.m.

OHF – Occupational Health Facility (M6-495, Industrial Area @ KSC)

LAC (MFF) – KSC Launch Area Clinic (Multi-Functional Facility @ KSC)

The 2-page CVD questionnaire can be picked up at any medical facility. The questionnaire can also be downloaded from the SGS home page/forms: <http://ksboc-forms/KSCForms2/ref/KSC28-1010.itr>. This form can be filled out on-line and then printed. Please print each page separately. You must fast for 12 hours prior to coming to the screening (nothing but water).

#### **STRESS MANAGEMENT WORKSHOP:**

Any employee group can request delivery (at any time of the year, during the workday) of a newly developed, interactive workshop designed to teach employees how to handle stress at their workplace and in their lives. The workshop can be condensed to 30 minutes or extended to more than an hour for optimizing coping and relaxation skills.

Kris Calderon, PhD, CHES, BCIAC, KSC/CCAFS Health Education Administrator will be offering this workshop. Kris is certified in biofeedback and has used relaxation training for stress management in her teaching, service, and research. If interested, please contact her at 867-3414 or e-mail at [Kristine.Calderon@jbosc.ksc.nasa.gov](mailto:Kristine.Calderon@jbosc.ksc.nasa.gov) for more information. The workshop can be delivered in any worksite setting.

#### **VISION SCREENING SCHEDULE:**

No appointment is necessary. Visit the OHF during this time and ask for a vision screening.

Tuesday	April 11	11:00 am-1:00 pm
Tuesday	April 25	11:00 am-1:00 pm

#### **WORKSITE LECTURES:**

Work-site lectures on any health subject and requests for health information or counseling are available upon request to Kris Calderon, phone: 867-3414, e-mail: [Kristine.Calderon@jbosc.ksc.nasa.gov](mailto:Kristine.Calderon@jbosc.ksc.nasa.gov).

**KSC ARCHIVES:** The KSC Archives regularly exhibits its collection of historical photographs for viewing by the KSC community. The display case is located between rooms 1533 and 1537 [across from the post office] in the Headquarters Building. The current large display case highlights some of the Space Shuttle Firsts that have occurred over the last 25 years and the small display case presents the 25th anniversary of STS 1 the First Space Shuttle Flight . Further information may be obtained by calling the Library Archives at 867-2407. (TA-E1)

**KSC LIBRARY NEW CD DOCUMENTS:** The following documents are available for use in the KSC Library Documents, Specifications, and Standards Department, HQ-1124.

RTO-MP-HFM-123 New Directions for Improving Audio Effectiveness  
RTO-TR-HFM-121-PART-1 Virtual Environments for Intuitive Human-System Interaction

To search the Library's on-line catalog go to <http://nasagalaxie.larc.nasa.gov>  
For questions call 867-3613 or mailto: [KSCLibrary@jbosc.ksc.nasa.gov](mailto:KSCLibrary@jbosc.ksc.nasa.gov) (TA-E1)

**KSC LIBRARY NEW DOCUMENTS:** The following documents are available for loan from the KSC Library Documents, Specifications, and Standards Department, HQ-1124 or by calling 867-3613

KSC-00518	A Man's World? A Study of Female Workers at NASA's Kennedy Space Center
NASA-MAH-40	Journey Into Space Research: Continuation of a Career at NASA Langley Research Center
NASA-00526	The Business Case for Spiral Development in Heavy-Lift Launch Vehicles Systems
NASA-00527	Simulations of a Liquid Hydrogen Inducer at Low-Flow Off-Design Flow Conditions
NASA-00528	A Comparison of Platforms for the Aerial Exploration of Titan
NASA-00529	Manned Lunar Missions: An Exercise in Propulsion Trades and Sensitivities
NASA-00530	Incremental Scheduling Engines for Human Exploration of the Cosmos
NASA-00531	Free Re-Boost Electrodynamic Tether on the International Space Station
NASA-00532	Development, Integration, and Utilization of Surface Nuclear Energy Sources for Exploration Missions

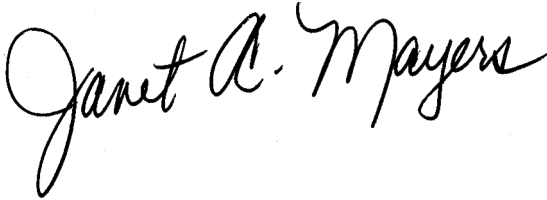
To search the Library's on-line catalog go to <http://nasagalaxie.larc.nasa.gov>  
For questions call 867-3613 or mailto: [KSCLibrary@jbosc.ksc.nasa.gov](mailto:KSCLibrary@jbosc.ksc.nasa.gov) (TA-E1)

**KSC LIBRARY NEW SPECIFICATIONS AND STANDARDS:** The following are available for use in the KSC Library Documents, Specifications, and Standards Department, HQ-1124, but are not available for loan:

CGA C-6.2	Guidelines for Visual Inspection and Requalification of Fiber Reinforced High Pressure Cylinders
CGA-S-1.2	Pressure Relief Device Standards Part 2: Cargo and Portable Tanks for Compressed Gas
CGA-S-1.3	Pressure Relief Device Standards Part 3: Stationary Storage Containers for Compressed Gas

To search the Library's on-line catalog go to <http://nasagalaxie.larc.nasa.gov>  
For questions call 867-3613 or mailto: [KSCLibrary@jbosc.ksc.nasa.gov](mailto:KSCLibrary@jbosc.ksc.nasa.gov) (TA-E1)

**AUTHENTICATED:**



Center Services (TA-E1)

**FIRES AREN'T USER FRIENDLY--THINK FIRE SAFETY.**



867-4714



**UNOFFICIAL**

**CAFETERIA: VISIT OUR WEBSITE TO VIEW MENU CHANGES. EACH CAFETERIA IS DIFFERENT.**  
**[HTTP://CAFETERIA.KSC.NASA.GOV/](http://CAFETERIA.KSC.NASA.GOV/)**

**CELEBRATE INTERNATIONAL MIGRATORY BIRD DAY:** Merritt Island Refuge is celebrating the spring bird migration on Saturday, April 8, 2006. Celebrate with us by participating in the following free programs:

- 9:00 am—Shorebird Workshop (Reservations)
- 10:00 am— Backyard Wildlife Habitat (Reservations)
- 10:30 am to 2 pm—Make Your Own Bird Feeder
- 11:00 am— Bird Watching for Kids (Reservations)
- 1:00 pm—Birding Optics Program (Reservations)
- 9:00 am to 5:00 pm -Nature Photography Exhibit- Lou DiVita's artwork will be on display at the Visitor Center. There will be Free Bird Migration Poster give-a-ways while they last.

Please contact Ranger Nancy Corona at 321-861-0668 or by email at [Nancy\\_Corona@fws.gov](mailto:Nancy_Corona@fws.gov) to make reservations for the programs indicated. The Refuge Visitor Center and sign in at the desk. The Visitor Center is located on SR 402, 5 miles east of U.S. 1 in Titusville.

**LOGISTICS SCHOLARSHIP:** The Space Coast Chapter of the Society of Logistics Engineers is offering a \$2000 scholarship towards a degree at Brevard Community College. Deadline for applications is May 5, 2006. For more information contact Leman Booher, Vice- Chair Education at 727-3672, Ex 3193 (after 5:00 pm, 373-4651) or Jan Hall, SOLE Chairman, 537-1582/452-0530.

**NASA EXCHANGE:** Exchange stores are open Monday through Friday. HQ 7:00 am-4:30 pm, OSB 7:00 am-5:15 pm, O&C 8:00 am-4:00 pm and SSPF 8:00 am-4:00 pm. Visit our web page at <http://nasaexchange.ksc.nasa.gov> for more information.

**KSC EXCHANGE – HAIR SHOPS:** Our shops offer a full line of services for men and women. This includes regular haircuts, perms, frosts, beard trims, razor cuts, shampoos and colors! Visit us in the HQ building, room 1251 (7-7077), and see Sharon or Janet from 8:00 am until 3:30 pm. In the OSB building, room 1118 (1-3026) come in and see Fred or Rocky from 8:00 am until 4:00 pm. Call for an appointment but walk-ins are welcome!

**KSC EXCHANGE – CITGO GAS STATION:** This week's specials are tire rotation and brakes. Tire Rotation for cars are only \$15 and vans and trucks are \$20. Balancing is extra. Front brakes for \$94.95 and that includes semi-metallic pads and turn rotors. Rear drum brakes are \$84.95 and rear disc brakes are \$114.95. These prices are for most vehicles. Call 453-1254 for more information and/or to make an appointment. Pay at the pump is open 24 hours -- Gasoline, Bio-diesel and E85 Ethanol are available. CITGO and most major credit cards accepted. For information, call 453-1254.

**FLORIDA SPACE ACADEMY – SUMMER CAMP:** The Florida Space Authority is offering a science and space based Academy for High School students (9 -12 grade) this summer. The students will experience real-world engineering and 'hands-on' problem solving situations in a variety of disciplines – GPS, Robotics, Weather Balloon, payload integration, rocket propulsion and space life sciences, to name a few. They will meet NASA engineers, scientists and researchers to assist them mould their future careers.

Session 1: June 19 – 23. (9:00 am – 4:00 pm)

Session 2: June 26 – 30. (9:00 am-4:00 pm)

Tuition is \$300, with a 10% discount for badged KSC employees, CCAFS, PAFB and retired KSC personnel. Early drop-off and late pick-up hours available. For more information, please go to our website: <http://www.floridaspaceauthority.com/> Click on the 'Florida Space Academy' icon or please call (321) 730 5301.

**UNIVERSITY OF MIAMI (Cape Canaveral Programs):** The University of Miami will begin accepting applications for the Master of Science in Industrial Engineering (MSIE) starting July 2006 and the Master of Science in Management of Technology (MSMOT) starting June 2006. Both programs will be taught in Cape Canaveral in the NASA Logistics Shuttle Depot (NSLD). Courses are held Friday evenings and Saturdays to accommodate working professionals. For more information and to receive an application/brochure, please call Mr. Augusto Roca, Program Administrator at 1-305-284-4100 or send email to [augusto@miami.edu](mailto:augusto@miami.edu).

## **PERSONALS**

### **CARPPOOLS**

Carpools/Rides: 1st shift rides needed, 2 people, Melbourne area, will form new vanpool/carpool or join existing one, 984 - 8114, leave message.

### **GARAGE SALE**

Garage Sale: 4/8, 8:00 am-12:00 pm, bikes, golf, porch swing, pet pens, Dish TV system, boat stuff, much more, 112 Gary Lane, Cocoa, 266-7022.

Garage Sale: 4/8, 8:00 am-12:00 pm, household items, purses, wallets, jewelry, 3525 Sunset Ridge Drive, The Savannahs, Merritt Island, 453-8681.

Garage Sale: 4/8, 8:00 am-1:00 pm, household items, clothes, power tools, much more, 680 Sunset Lane, Merritt Island, 302-0680.

Garage Sale: 4/7-8, 8:00 am, sleeper sofa, TV, aquariums, double stroller, woodwork, dryer, microwave, more, 5240 Carrick, Port St. John, 453-4128.

Yard Sale: 4/8, 8:00-?, off Murrell Road across from post office in Rockledge, 637-3736.

### **REAL ESTATE FOR SALE**

House: 3-4bd/2ba, quiet neighborhood, fenced yard, Cocoa North Subdivision, 179,900, 631-0588.

House: 4bd/2cg, pool, wide canal front, Cocoa Beach, \$650,000, 321 799-1765.

House: 3bd/2ba/2cg, 1589sf, updated, large yard, close to school, library, 1 mile from beach, Indian Harbour Beach, \$308,000, 321-298-6609.

House: 3bd/2ba, completely remodeled, 1650sf, South Merritt Island, \$217,000, 271-0676.

House: 3bd/2ba/1cg, 1096sf, Merritt Island, \$178,000, 407-568-3301.

House: 4bd/2.5ba/2cg, 2116sf, shed, fenced yard, fireplace, water view, off Rockledge Drive, east of US1, Rockledge, \$449,900, 454-7667.

House: 3bd/2ba, brick, newer A/C, new sprinkler pump, mature fruit trees, large FL room, fenced back yard, close to park, malls, golf, \$169,000, 917-9643.

Condo: 1bd/1.5ba, new, 2nd floor screen porch, all kitchen appliances, vaulted ceilings, gated, pets OK, \$204,900, Cape Canaveral, 693-7823.

Condo: 2bd/1ba, renovated, 921sf, 1.5 blocks from the beach, Ocean Park North, Cape Canaveral, \$199,900, 799-6899.

Condo: Completely remodeled, great investment, renters in place next 12 months, sell below appraisal, behind mall, Merritt Island, \$159,900, Erik, 537-2633.

Condo: 2bd/2ba,, available August 1st, Curry Ford Road, Orlando, \$149,000, 321-264-9010.

Condo: 3bd/2ba, 1408sf, new, planned community/VistaLakes.com, closing N/A until after 8/25/06, photos, \$235,000, Orlando, 407-443-8172.

Townhouse: 1bd/3ba/1loft/1.5cg, 2213sf, 250ft to beach, new appliances, no association fee, Cape Canaveral, \$529,000, 213-1043.

Townhouse: 2bd/2.5ba/1cg, heated pool, one mile south of Ron Jon, on the beach, \$279,000, Nick, 783-0898, after 5:00 p.m.

Timeshare: sleeps 10, 2 kitchens, 2 bath, 24 hour movie room, pools, mini-golf, flex week, Ron Jon, Cape Canaveral, \$10,000, 452-6387.

Manufacture Home: 4bd/2ba/2cg, 1988, .5 acre, end lot, Cocoa, \$139,995/firm, 321-508-2518.

Acreage: 0.8 acres in cul-de-sac, backs up to wildlife preserve, waterfront, in desirable Fawn Lake, Mims, \$153,000, 321-269-8492.

Acreage: .78 acres, 111'x307', on paved road, wooded, zoned TR2, mobile home or house, Sharpes, \$95,000/BO, 321-639-8236.

### **AUTOMOBILES AND RV'S FOR SALE**

1946 Ford pickup, good condition, frame-off restoration, \$15,000/BO, 298-1118.

1946 Chevy pickup, rough but restorable, \$1750, Jeff, 386-848-1099.

1986 Monte Carlo SS, runs and looks good, \$2300, Ron, 454-3118.

1986 Bronco II, 2wd, A/T, cold A/C, fairly new tires, needs paint, good interior, \$1000/BO, Bob, 631-6006.

1986 Ford Ranger, 4cyl, 5-speed, runs good, \$900, 407-963-3329.

1987 Jeep Wrangler, lift kit, new tires, green, 86K miles, \$5000, 784-6193.

1988 GMC, liera 1500 pickup w/bonus cab, full length bed, LeDoux, 386-423-7685.

1988 Volvo 240, 4-door, A/T, A/C, clean, high miles, \$1600/BO, 631-3740.

1989 GMC 1500 extended cab pickup, full size w/topper, A/C, hitch, 206K miles, \$2200, 459-2132.

1989 Mercury Marquis, 90K original miles, good shape, runs great, no rust, \$2000/BO, Kathy, 385-3371.

1995 Cadillac Seville, all options, sunroof, cold A/C, red exterior, tan interior, good condition, \$3000, 321-634-6858, leave message.

1995 Skyline Nomad 5th wheel camper, 22', like new, new tires, kitchen, bath, A/C, TV, microwave, many extras, sleeps 4, \$3500, 456-5531, after 6:00 pm.

1997 Nissan extended cab pickup, 5-speed, new tires, 101K miles, clean, \$5000/BO, 321-480-5426.

1997 Ford F150 Larait EX cab, power everything, \$8000/BO, 636-0504.

1999 Coleman Santee popup, garage kept, A/C, awning, full screen porch, 3-way refrigerator, microwave, for pics [weimerra@yahoo.com](mailto:weimerra@yahoo.com), \$3500, 267-3192.

1999 Mercury Cougar, white, V6, A/T, CD, P/W/L, P/seats, sunroof, new tires, garage kept, 93K miles, \$5500/BO, 321-863-2120.

1999 Chrysler 300M, 91K miles, red w/tan interior, sunroof, P/leather/heated/seats, P/W/L, CD, CC, P/heated mirrors, tilt, very clean, \$7295, David, 799-3725.

2000 Chrysler Town & Country LX, excellent condition, \$5900/BO; 2000 Ford F150 XLT, V6, A/T, excellent condition, \$8000, 321-264-0932.



### **AUTOMOBILES AND RV'S FOR SALE (Continued)**

2000 VW Jetta, 5-speed, power everything, 85K miles, runs good, excellent shape, \$8295, 266-8444.  
2001 Sunlinelite 25' travel trailer, 1/2 ton, compatible equalizer hitch, excellent condition, many extras, \$9000/BO, 591-9829.  
2001 Dodge Durango SLT, 67K miles, loaded, remote locks, grey, running boards, \$9995/BO, 453-1245.  
2003 Mustang GT, A/T, lots of extras, excellent condition, no money down, take over payments, 631-0588.  
2004 Nissan Armada LE, 21K miles, sunroof, CD, power liftgate, 2nd row captain chairs, seats 8 adults, rear sonar, excellent condition, \$32,000, 321-639-4018.  
2005 Chevy Silverado SS, sunroof, extended cab, 6.0L, black, 20" chrome wheels, On-star, XM, MSRP \$40,525, 13K miles, \$28700, 242-1535.  
2005 GMC Sierra SLE crew cab, fully loaded w/extras, 14K miles, \$25,500, Rob, 514-0301.  
2005 Dodge Ram 2500 SLT, 2wd, Cummings diesel, quad cab short bed, black, 12,500 miles, \$30,000, Leonard, 321-544-6082.  
2006 Nissan 350Z, less than 500 miles, \$28,000, 321-626-2520, leave message.

### **HOUSEHOLD FURNISHINGS FOR SALE**

Bedroom set, cherry, solid wood, 7 piece, Queen Ann full bed, \$675; plus tables/chairs, excellent condition, 917-3808.  
2 solid wood end tables, dark cherry color, less than year old, new \$189/each, sell \$50/each/BO, 386-847-0516.  
Entertainment center, TV, couch, for details: <http://kabonk.org/sale.htm>, 321-438-3720.  
Entertainment center, corner unit, solid oak w/hinged doors, storage below, fits TV up to 35", excellent condition, can email pictures, \$200, 639-9736.  
Table lamp, \$10, 258-6142.  
2 maple dressers, one w/mirror, \$125/BO, call for email pictures, 784-1846.  
Entertainment center, solid oak w/glass shelves, lighted bridge, like new \$200 Sherrie 631-6048.  
1958 signed Victorian lamps, \$50/pair, 383-9664.  
L-shape computer table and hutch, very sturdy, \$50; dining room glass table & 4 chair, \$75, 266-3368.  
White tile topped rectangular dining table plus 4 wood chairs, view set at <http://bulletinsale.blogspot.com>, \$65, 432-3576.  
Entertainment center, \$100/BO, 321-514-4279.  
Girls white twin head board & frame w/tall posts, from Ashley's, will email pics, 698-7881.  
Love seat, chair, and ottoman, like new, tufted, pillow back, \$575/BO, 637-8582.  
Child's twin bed, raised w/castle theme, 3 steps for entry, slide for exit, purchased at Rooms To Go Kids, will help assemble, \$600, 321-508-3384.  
Rattan dinette set w/42" round glass table, 4 arm chairs w/cushions, \$100/BO, 321-242-2186.  
Haverty's twin captain's bed w/4 drawers/cubbie, \$100; Haverty's twin loft bed w/built-in desk, shelves, 4 drawers, \$150, Shannon, 453-3994.  
Whitewash bedroom set: single bed headboard, frame, 2 night stands, 7 drawer dresser w/mirror, \$500/BO, 268-2295.

### **APPLIANCES FOR SALE**

Kenmore washer and dryer, white, like new, used 6 months, possible delivery, Bryan, \$125/each/\$200/both, 321-501-5700.  
Sears Calypso high efficiency washer and dryer, charcoal gray, 6 years old, \$300/pair, Elaine, 635-8508.  
Whirlpool refrigerator, 18ci, white, 4 years old, excellent condition, \$200/BO, 298-1118.  
Kenmore washer & dryer, \$120; rolling microwave stand & microwave, \$50, Terry, 636-1330.  
KitchenAide, 250 watt, 10-speed mixer, used once, \$125, 773-2533.  
Whirlpool washer & dryer, 8 months old, super capacity plus, Quiet Wash II, Quiet Dry I, \$600/BO, 678-457-4444.  
Maytag washer, heavy duty, large capacity, good working condition, \$75/BO, 632-9646.  
Frigidare Gallery refrigerator, 27ci, crushed/cubed ice in door w/water filter, \$300, 385-3371.  
Whirlpool flat surface range w/self cleaning convection oven, \$300/BO, 321-242-2186.  
GE refrigerator, \$75/BO, 268-2295.

### **MOTORCYCLES & EQUIPMENT FOR SALE**

1975 Honda CB750K, NOS seat, original pipes, been sitting, ran when parked, \$1200, Jim, 480-9502.  
1984 Yamaha TRI Zinger 60 3 wheeler, runs great, needs a little work, \$425, 632-8995.  
1994 Yamaha 100 dirt bike, 2 stroke, clean, \$350/BO, Tim, 213-5196.  
1996 Yamaha Virago, garage kept, low miles, great condition, \$1700, Patty, 631-8382.  
1999 Honda Valkyrie Tour, 12K miles, black, \$8500, 268-0391.  
2000 Suzuki RM125, new cylinder head, piston rings, stock bore, 2 hours break in time on topend, \$1500/firm, Tom, 684-9655, evenings.  
2000 Honda XR80 4/stroke, child ridden, excellent condition, \$1000, 504-9714.  
2001 Triumph Legend TT, green, 885cc, excellent condition, lots of extras, \$4000, 638-2061.  
2001 Kawasaki 220 Bayou 4 wheeler, good condition, low hours, always maintained, \$1700, 321-302-9295.  
2003 Honda 750 ACE, red/black, 2100 miles, excellent condition, chrome, extras, garage kept, Corbin seat, \$5000, 407-443-3955.  
2005 Harley-Davidson Heritage Soft-Tail, 1 owner, 2800 miles, alarm, windshield, bags, like new, \$17,500, 321-403-0611.  
2005 GSXR750 Suzuki, 2000 miles, excellent condition, \$8300/BO, Johnson, 321-751-6405.  
2005 Suzuki M-50, 2000 miles, assembly drive shaft, wide tires, all black engine, 60 miles to gallon, perfect, \$5500, John, 638-8602.  
2005 Yamaha Banshee special edition, all black, ridden 3 times, like new condition, \$5000/BO, Colby, 403-5869.  
2005 Harley Sportster, red/silver, completely stock, almost brand new, 500 miles, \$7800, Jeff, 407-568-9534.  
2005 Yamaha 650 V-Star custom, 1800 miles, white, excellent condition, \$4600, 784-6193.  
50cc Pocket Rocket, good shape, \$250, 385-1364.  
Dirt bike trailer, large enough to hold three dirt bikes, \$350/BO, 321-0302-8574.  
Replacement seat cushion, used, for early model GS1100; used full face helmet, \$25/BO, 321-751-1159.  
Screaming Eagle II mufflers with end caps, brand new for FLT/FLHT, over \$500 new, \$350/BO, 637-1379.  
Suzuki motorcycle jacket, size large, red/black/gray, brand new, paid \$160, asking \$100, Adam, 321-749-8385.

### **BOATS & EQUIPMENT FOR SALE**

9' Kayak, \$150; small boat/utility trailer, 4'x8' bed, 2' high, removable sides, new 8" tires, boat winch, \$275; 4hp Evinrude, \$300, 652-4430.  
9.6" Rascal Kayak, paddle included, adjustable seat, 1 dry compartment, have pics, \$250, Nicki, 386-423-4988.  
10' V bottom aluminum boat w/new oars, 2hp motor, \$325; 14' canoe, fiberglass, \$125, 427-2467.  
16' skiff w/10hp Honda 4 stroke, excellent running condition, \$800/BO, John, 321-779-0207/759-5534.  
17' Carolina Skiff, model 1765, 50hp Yamaha, galvanized trailer, like new, \$5500/BO; 1990 Yamaha Waverunner III, trailer, \$500/BO, 459-3631.  
19' 1993 Bayliner, bowrider, 190hp, 4.3L V6, Alpha One Mercruiser I/O, low hours, bimini top, trailer, \$4500/BO, 321-591-9877.  
19' 1997 Wellcraft center console, 112 Evinrude, depth finder, live well, new trailer, recent tune-up, \$7700, 917-6467/269-1269.  
27' Pearson Triton sailboat, needs work, BO, 773-6973.



### **BOATS & EQUIPMENT FOR SALE (Continued)**

1994 Yamaha WaveRaider personal watercraft w/trailer, runs good, many upgrades, good condition, \$2200, 631-4971.  
1987 2.5 Evinrude outboard, runs great, comes w/gas tank and owner manual, \$175/BO, Johnathon, 636-4925.  
Boat trailer for small boat or jet ski, 800 plus lb capacity, excellent condition, \$400, 638-2061.  
Large dock box, fiberglass, 30"hx24"dx51"w, \$200, Bill, 454-0900.  
Teleflex dual cable steering system, hardware and helm included from Ranger 361 V bass boat, \$80/BO, 302-6994.

### **MUSICAL INSTRUMENTS & ELECTRONIC EQUIPMENT FOR SALE**

i870 Nextel MP3 player phone, Sim card, 512mb memory card, holster, home charger, small issue w/screen, \$300/firm, Mandy, 684-1105.  
Dell desktop PC, 2.53GHZ, 512MB RAM, 40GB hard drive, 128MB video care, 2 DVD drives, loaded w/software, excellent condition, \$300, Reid, 321-476-3109.  
Step 2 video center, 1.25 years old, new \$99, asking \$50, 264-9010.  
Sylvania 27" color stereo TV, \$60, 752-6712.  
Omega OM-1 body w/50mm Zuiko and 135mm Vivitar lens and case, \$120/BO, Dave, 961-2936.  
GEM MK300M digital electronic organ, not a chord organ, 2 keyboards, 13 foot pedal pedal board, late 1980's vintage, excellent condition, \$500/firm, 636-2336.  
Color TV, 27" flat tube, cable ready, w/V-chip and channel blocking, excellent condition, 3 years old, \$175, 639-9736.  
25" Sharp color TV, \$75, 258-6142.  
Sony PSP play station, portable, new w/extra accessories, 3 games, 2 movies, \$275/BO, Dave, 407 568 5657.  
B flat cornet, \$ 200, 427-2467.  
Sharp UX-600M fax, copy telephone w/receiver, works great, BO, 321-436-0668.  
R/C airplane field box, starter, battery, all kinds of parts and tools, Futaba radio w/receiver, \$100/firm, 863-0572.  
27" JVC stereo TV w/stand, \$100, 633-6480.  
Ampeg V4 all tube guitar head, 100 watts, \$275, 772-834-6184.  
Kimball upright piano, \$500, you move, Nicki, 386-423-4988.  
19" Zenith color TV w/remotes, good working condition, \$50, 632-2094, after 4:00 pm.  
Cingular Nokia 3595 color cell phone, internet capabilities, w/battery, battery charger, and leather case, \$20, 868-1895.

### **MISCELLANEOUS FOR SALE**

8' aluminum stepladder, type 1A, \$35; Werner 40' extension ladder, \$100, 289-4100, after 5:00 pm.  
2 multi-speed bicycles, \$50/each/\$75/both, Jim, 480-9502.  
Women's custom wedding set: white gold, 5/8ct marquis solitaire, 1.25ct tw, have paperwork, paid over \$2000, sell \$1000/BO, 267-5402.  
Basketball hoop w/large aluminum back board, \$50, 321-639-0304.  
5hp Briggs & Stratton Magnetron lawn mower motor, runs great, \$30/BO, Kevin, 268-3610.  
Freestanding fireplace, 1950's-1960's space capsule, ski lodge style, \$125, Tom, 960-4011.  
Bowflex Power Pro XTL, lat tower, leg extensions, \$750, 752-6712.  
APC grey & black reclining bucket seats w/tracks, set of 2, brand new, \$275, 632-6619.  
Queen palm trees 7 and 20 gal; Canary Island Date palms, 20 gal, 269-8320.  
52" 5 paddle ceiling fan, black, w/3 lights, works, looks great, \$35: used 2 ton A/C and airhandler, \$250, 799-2525.  
Hallmark Collectables: Christmas ornaments, as well as other seasonal ornaments, in original boxes, many to choose from, some motion ornaments, 543-3032.  
Dog pen, chain link w/gate, 8'x 6'x 4' high, \$40/BO, John, 321-779-020/759-5534.  
700R4/4L60 transmission pan TCI deep aluminum, new in box, \$75, 446-0035.  
Nike Ignite 410cc 8.5 degree driver, Penley ETA 75 Stiff Flex 44.5" w/headcover, one range session, mint condition, \$200/BO, Chris, 952-1636.  
Black cap and gown, adult size, \$25; new crutches, \$20/pair, 258-6142.  
4 Super Swamper TSL tires, excellent condition, 36x13x16, \$400/BO, Scott, 264-0242.  
8x8x8 concrete blocks, bags concrete mix, bags sand, triangle & round heavy duty pond liners, mountain bikes, 759-8743.  
Set of 4 18" HP design custom rims, 5 lug pattern, w/Cooper Zeon tires, 225/40/R18, \$700/BO, 632-9646.  
Hoover Legacy Supreme upright vacuum, good condition, can email pic, \$40/BO, 784-1846.  
Ladies ring, size 5, unique platinum setting, .50 carat diamond, paid \$2600, sell \$1750/BO, Sherrie, 631-6048.  
Stationary exercise bike, Edge Cardio, measures pulse, adjustable seat, \$55/BO, 453-5149.  
Class III hitch for Chevy/GMC S-10/S-15 pickup or Blazer/Jimmy, pre 1994, very good condition, \$45, 321-298-9050.  
Wheeled beach carry all, lightweight/heavy duty construction, like new, \$45 new, sell \$25, 794-6151.  
Dirt Devil upright vacuum w/hose attachment, \$15, Peter, 452-2053.  
Drafting Table, 47.5"x32"w/folding legs/tray/straightedge w/accessories: templates, pens paper, brushes, instrument set, \$300/BO, 254-8153.  
Commercial carpet dolly, used, in good condition, retails \$279, asking \$150, 321-431-5854.  
STA-Rite PLM-100 in-ground pool filter, excellent working condition, \$100, 452-2857.  
Pool table, 7' commercial quality, 1" slate, auto ball return, BO, 449-9258.  
.5 ton 10 seer Goodman central air conditioner units, inside 2004, outside 1999, \$700/both/BO, 690-1964.  
Fiberglass topper off 1987 extra cab Toyota SB, \$125; running boards off same truck, \$25, 385-1364.  
Vintage Victorian style telephone, working condition, \$40, 383-9664, after 6:00 pm.  
Bowflex Power Pro, 210lbs resistance, leg attachments, instruction book, great condition, \$500, 636-9565.  
Ladies ice skates, size 8.5, \$50, 385-3371.  
55 gallon saltwater aquarium, established water, natural wood stand, \$100/BO, 302-302-8574.  
89-93 Chevy grill, all black, can be painted, fits pickups; Blazer, Suburban, brand new, \$50, Jim, 480-8574.  
Troy Bilt pressure washer, 6.5hp, 2850 PSI, 2.6 GPM, excellent condition, little use, \$375, 637-1379.  
Tuff-Tonno bed cover by Extang, fits '02-up full size Dodge pickup, \$75; antique brass props, 2 blades, \$200, 3 blades \$300, 453-1880.  
Girls bicycle for 5-8 years old, like new, garage kept; formal dresses, worn 1 time, sizes 6-11; 2 wedding gowns can email picture, 321-698-7881.  
Snapper 5.5hp mulcher mower, \$75; Homelite weedeater, straight shaft, gas powered, \$65, Isaac, 724-8482, after 3:30 pm.  
12', like new, trampoline mat, 88 V rings; 13' used mat, 96 V rings; 15' frame, BO, 321-302-6383.  
Hard tonneau cover, red, in mint condition, fits '01-'04 Dodge Dakota quad cabs, \$175/BO, Adam, 321-749-8385.  
1994-2004 GMC Sonoma/Chevy S-10 standard length bed liner w/tailgate cover, \$100, 720-1686.  
Large outdoor trampoline, you move; outside round glass table w/2 green chairs, \$15; mason jars, 26 quart & 30 jam jars, \$20/BO, Nicki, 386-423-4988.  
Lawn service utility trailer, 8'x5.5'; semi caged, \$700, 482-5291.  
2005 Toro 52" commercial mower, 160 hours mulching kit and Tru Trac system, \$4700/BO, 302-6994.  
American Eagle 186 aluminum wheels set, 15x7, brand new in box, 5x4.75 lug pattern, fits S-10 Chevy & others, \$300, 321-302-9295.  
3/each 20' Queen Palm trees, you dig, next to paved road for easy access, 868-1895.  
2 Prom dresses, size 14W, worn once: royal blue w/matching purse, purple/black w/shawl, 427-9099.



### **MISCELLANEOUS WANTED**

BMW 3 series, 2 door, 1984-1990, running or not, Danyy, 452-0709.

Playpen, good condition, reasonable, 407-694-1313.

Chevy S10 pickup, 1986-1996, must have 4.3L V6, long-bed preferred, running or not, reasonable, Kurt, 615-2316.

12'x24' wooden garage/shop in good shape, Jim, 321-537-5121.

Adventures in Odyssey CD's and DVD's, Irene, 759-3325.

Mobile home or manufactured home on lot, any condition; laptop computer w/windows XP; real estate purchase programs, 652-4430.

Edger, gas powered, 3-wheel, in good condition, 453-8233.

1991 or 1992 Camaro, running or not, 631-3740.

Electric meat grinder; cargo trailer, 759-8743.

Baseball pitching machine, 80-90mph; weight lifting bench; baseball L-screen, 268-4750.

Basic sewing machine in good working condition, Peter, 452-2053.

Broken iPod Mini, 4GB, for parts, 631-6360, leave message.

Large light colored computer desk and chair, very good to excellent condition, email pics to thermalgirl@cfl.rr.com, 454-9565.

White topper, cap, shell in very good condition for 2000 shortbed Chevy Silverado pickup, 386-690-5370.

Bike rack hitch that can carry at least two bikes; powerwheels or battery operated car/truck for a child, 407-970-4695.

1999 or better, low time, used 8-10hp short/shaft, 2 or 4 stroke outboard motor w/tiller steering, 544-4399.

### **MISCELLANEOUS SALE OR TRADE**

2004 Honda ATV wheels & mud tires, front AT 26x10-12, rear AT 26x12-11, like new, trade for Front 24x8-12, rear 24x10-11 or BO, 269-3897.

